

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Health Kids Challenge



The Health Kids Challenge is a great new way to reach our youth and their families. It is an award winning school food and fitness education project produced by Cooking Light and the National Potato Board. The program is designed to create new approaches and

coordinate existing efforts to encourage children and their families to make healthy living a habit. If you are working with kids, schools, sports programs, Day Care or community organizations then you need to look at some great resources available to you at <http://www.cookinglight.com/hkc>. Look at these facts... after one year of the challenge, 75% of the parents reported eating more produce and 58% were more physically active.

New AHA Dietary Guidelines and Obesity:

Revised dietary guidelines by the American Heart Association (AHA) emphasize common sense over numbers and target the nation's expanding waistlines. The revision -- the first significant change in the influential guidelines in 4 Years. The guidelines aim to reduce the risks of heart disease and stroke through dietary practices and lifestyle choices. The four main goals seek to help Americans achieve an overall healthy eating pattern; achieve and maintain an appropriate body weight; achieve and maintain a desirable cholesterol profile, and achieve and maintain a desirable blood pressure level. The emphasis has shifted to allow consumers to understand the importance of an overall eating plan. The guidelines continue to recommend a diet rich in fruits, vegetables, legumes, whole grains, low-fat dairy products, fish, lean meats and poultry. Also remaining intact are the recommended five servings of vegetables and six servings of grains each day. Saturated fats and trans-fatty acids are still to be limited, according to the guidelines, especially by those with heart disease. For more information visit the following websites:
<http://www.mayohealth.org/mayo/headline/htm/hw001005.htm>
<http://www.mayohealth.org/mayo/9805/htm/dash.htm>

Domestic Violence Awareness Month

Resources for Domestic Violence are available online from the National Coalition Against Domestic Violence <http://www.ncadv.org/> and MEDLINEplus <http://www.nlm.nih.gov/medlineplus/domesticviolence.html> and Healthfinder www.healthfinder.gov/HTMLGen/TxtSrch.cfm?NewText=domestic%20violence&showPg=0 Also contact your local Family Advocacy program for additional information!

Less Toxic Cigarettes?

Star Scientific, a tobacco company, is test marketing a new cigarette in the Richmond, VA., and Louisville, KY. areas. The brand is named Advance and is said to produce 70% less of the cancer causing toxins of tobacco-specific nitrosamines (TSNA's). Two other Tobacco companies are also marketing the so-called less hazardous cigarettes - Accord by Phillip Morris and Eclipse by R. J. Reynolds. To date, Star Scientific has not promoted Advance as less hazardous than other cigarette brands.

NRT IN SHIP STORES

Working with the Navy Exchange system, BUMED has been successful in getting nicotine replacement added to the authorized items available in ships' stores. The individual service member will now be able to purchase his or her nicotine replacement at a reduced price. Commanding officers may still elect to use the ships' OPTAR, in the event they wish to provide this service through the pharmacy. Until NRT is added to the TRICARE prime benefit package, this provides an additional option for assisting service members with cessation efforts.

"Ninety-nine percent of failures come from people who make excuses."

-George Washington Carver